

# Sports

## Sports complex dedicated to Marne hero

**Sgt. Tanya Polk**  
*Editor*

A 3rd Infantry Division hero's name lives on as the Fort Stewart sports complex was dedicated in his honor, Dec. 4.

Starting with the education center, which honors Sgt. 1st Class Paul R. Smith, the 3rd Inf. Div. has held five building/facility dedication ceremonies honoring war heroes of the Marne Division. The Fort Stewart sports complex, now known as the Private First Class Emory L. Bennett Sports Complex, makes the sixth.

Private First Class Emory L. Bennett, Company B, 15th Infantry Regiment, 3rd Inf. Div., risked his life and went above and beyond the call of duty during the Korean War, June 24, 1951. Swarmed by two enemy battalions at 2 a.m., Bennett left his foxhole into enemy fire and continued to inflict numerous casualties against the enemy with his assault rifle. Even when ordered to move back out of the line of fire, Bennett volunteered to stay and cover fire for withdrawing elements until he was mortally wounded. His self-sacrifice saved his unit's position from being overrun and he earned the Medal of Honor.

The sports complex on Fort Stewart is used for intramural football and softball, recreational activities, and provides a field for Soldiers to conduct physical training, among other uses.

"The Private 1st Class Emory L. Bennett sports complex isn't just a place for recreation," said Col. Todd Buchs, Fort Stewart-Hunter Army Airfield garrison commander.

"It's a training facility in which warriors are shaped both physically and mentally and where military units are strengthened. It also

provides all members of the Army Family a facility to play sports, important to Families, spouses, children, and retirees alike."

The complex also provides for team work, something essential to the Marne Division as all of its brigades are currently deployed in support of Operation Iraqi Freedom.

"Playing team sports teaches us how to work closely with a group of people, to achieve a common goal," Buchs said. "This sports complex is a place where those lessons can definitely be taught. Those lessons learned on the field of friendly competition can be used in the field of combat too.

Buchs and Command Sgt. Maj. Charles Durr, Stewart-Hunter garrison command sergeant major, unveiled the citation detailing Bennett's heroism that now stands in front of the sports complex.

"When I walk up to these facilities now, I've got a renewed interest," Buchs said. "When I read these citations in front of these buildings and complexes and facilities a sense of pride and honor rushes through me because I understand what they stand for. Education, sports, the ability to do all of our in processing, our schools for our children - none of these freedoms would be there for us to use if it weren't for these heroes and all the thousands of other heroes that they represent.

Sgt. Tanya Polk

**Col. Todd Buchs and Command Sgt. Maj. Charles Durr, Stewart-Hunter garrison commander and command sergeant major unveil the Private First Class Emory L. Bennett citation which now stands in front of the newly dedicated sports complex in his honor, Dec. 4.**



## Invest in holiday fitness at Stewart-Hunter gyms



Sgt. Tanya Polk

**Brooke Frachiseur, spouse to Pfc. B.J. Frachiseur, 385 MPs works out on one of Newman's several fitness machines, Dec. 4.**

**Pat Young**  
*Frontline Staff*

Holiday shopping has begun, and every year following the Thanksgiving meal, and in preparation of the Christmas treat, many people are considering fitness equipment to help with that ever popular "get back in shape" new year's resolution.

But you don't have to go broke to stay in shape thanks to Fort Stewart and Hunter Army Airfield fitness centers.

"Basically we have the same type of items you would find at the store - professional level equipment designed to help you tone up and stay in shape," said Newman Fitness Center evening manager Dwayne Romier.

Romier said the centers offer the most modern weight systems, state-of-the-art cardio exercise equipment, the latest in palate exercisers and sleek fitness programs to satisfy even the most avid health enthusiast.

"And you don't have to worry about storage space," Romier said. "All you have to do is visit the gym."

Romier added that the fitness centers also offer expert help, with physical trainers on hand to provide guidance.

"The unique thing about Newman is that we are able to offer something for everyone," said Jake Battle, Fitness Coordinator for DMWR. "We have an intramural program, an indoor pool, racquetball courts, basketball, tennis, weights, cardio-vascular equipment rooms, aerobics, and much more."

To keep pace with fitness demands, Jordan Youth Center also offers bicycles, stair-steppers, and other resistance equipment available six days a week.

The wide range of equipment is made available in part of the Army's Family Covenant, which understands the key to readiness is taking care of Soldiers as well as their Families.

Fitness is also a cornerstone to Maj. Gen. Rick Lynch's, 3rd Infantry Division commanding general, intent

"He, (Maj. Gen. Rick Lynch) really cares for Soldiers and their Family members," Battle said. "He wants to provide them with the best facilities and programs."

Battle said one of the center's new features was a room dedicated to strength training using isolateral machines.

"You don't have to work both sides of the body at one time," Battle said. "You can isolate the work out to one side of the body or even a particular muscle group."

Using a total fitness goal, Newman didn't put all their weight in one basket. They also expanded their cardio-vascular capabilities with new exercise equipment to include the Palates Reformer. Also, the installation fitness centers offer racquetball courts, basketball facilities and much more.

For more information about the Stewart-Hunter fitness centers, call 767-3031.

So, while you are preparing your Christmas wish list, remember, Stewart and Hunter fitness centers offer Soldiers and their Families the equivalent of a professional spa and gym, at the most affordable rate - free.

## Redskins cheerleaders lift deployed Soldiers' spirits

**Sgt. Natalie Rostek**  
*3rd HBCT Public Affairs*

**FORWARD OPERATING BASE HAMMER, Iraq** - Direct from the U.S. nation's capitol, eight members of the Washington Redskins cheerleaders paid a visit to Soldiers of the 3rd Heavy Brigade Combat Team, Nov. 26 on Forward Operating Base Hammer.

The visit began with a tour of FOB Hammer. The cheerleaders, Chastity King, Tonya Helman, Abby Dymond, Anabel Dela Cerna, Tequia Hicks, Tiffany Mattingly, Heather Tran, and Jamilla Keene, visited battalion operations centers.

After the tour, the cheerleaders ate dinner with selected Soldiers in the FOB Hammer dining facility. While dining, members walked around the room shaking hands with Soldiers during a brief exchange of "thank yous."

"Doing tours like this and talking to the Soldiers really gives me a sense of comfort knowing we are building morale for them," King said. "It also educates us

because we can see firsthand what is going on in Iraq rather than what the media puts out."

After dinner, the cheerleaders put on a show at the FOB Hammer stage. Their performance consisted of a variety of songs and dances.

"We try to appeal to everyone's taste," King said.

The eight cheerleaders who volunteered to make the Thanksgiving tour in Iraq formed the most diverse group the squad has fielded, explained King.

"We have dark hair, blond hair, red hair, Jewish, Asian, African - American. All men like different things," King said.

According to Pfc. Steven Fleck, Company B, 1st Battalion, 15th Infantry Regiment, the show was a success.

"I enjoyed it," he said. "It really brought up our morale. It was great seeing something from home."

Capt. Nancy Preston, engineer for the 3rd HBCT agreed with Fleck.

"It was extremely entertaining," she said. Preston explained

her favorite part of the show was when Helman held a moment of silence for all of the fallen heroes. The cheerleader later explained her husband, whom she had met during one of their tours overseas, was just recently killed in combat.

"People say they support the troops but you don't really know how deep their devotion is until you hear a story like that," Preston said.

"I think it's great that Tonya still continues to support us by coming out here despite her loss."

When the show was over, the cheerleaders were awarded a certificate of appreciation from Col. Wayne W. Grigsby, Jr., commander of the 3rd HBCT and 3rd HBCT Command Sgt. Maj. James Pearson.

To end their visit, the cheerleaders signed autographs and posed for pictures with the Soldiers.

The 3rd HBCT, 3rd Infantry Division has been deployed in support of Operation Iraqi Freedom V since March.



Sgt. Natalie Rostek

**Staff Sgt. Erick Maldonado, HHC, 1/15 Inf., talks with Chastity King, a Washington Redskins cheerleader, during dinner Nov. 26.**

# Jake's Body Shop:

## Meet your child's nutritional needs during the holidays

**Jake Battle**  
DMWR Fitness Director

Holiday parties and long bouts of shopping can be trying times for adults, but the stress and disrupted schedules can be even tougher on children.

"During the holidays, it's important to remember that we can't expect children to go for long periods of time without rest or adequate food," said Dr. Joanne Spaide, associate professor of home economics at the University of Northern Iowa. "Remember when you're shopping to stop and take regular rest periods, and to keep meal schedules as normal as possible."

### In the mall

If fast food is the only source of nutrition during a long day of shopping, Spaide said wise choices are available.

"A hamburger is a better choice than a double cheese-burger covered with mayonnaise, a baked potato instead of French fries, and milk instead of soft drinks are healthy choices," Spaide said.

The candies and cookies that make up part of our holiday tradition can play havoc with the eating habits of both children and adults. Make sure those foods are eaten only in moderation. Maybe keep them out of sight and only bring them out for special occasions. Also make healthier snacks available, such as cheese and crackers, and fresh fruit and vegetable trays with healthy dips.

### On the road

According to Spaide, holiday traveling can disrupt sleep and meal schedules as well.

"When you're traveling, take along healthy snacks for the children," she said. "If you're in the airport or in the middle of the interstate, and they're hungry, you want to be able to give them something healthful."

Spaide suggests fruits and vegetables, crackers or non-sugary dry cereals as easy-to-carry, nutritious snacks.

Parents may worry about sending children to holiday parties with friends where sweets and fatty foods are readily available.

"If your child is raised with healthy eating habits at home, he or she will continue those habits when away from home," Spaide said.

However, she warns, if a child has been deprived of sweets entirely at home, and they are available elsewhere, the child may overindulge.

"We need to make all foods available to the child, but stress that some are better choices than others, and the others are used only in moderation," Spaide said.

Children may vary their eating patterns during the holidays, or "act out" at the table, Spaide says, because they feel left out and are seeking attention. Parents should be aware of this possibility, and make sure children are not ignored during the rush of the season.

"We need to be aware that the little ones are there, and should be as much a part of the holiday celebration as the adults," Spaide said.

## 2007 INSTALLATION SPORTS

### Hunter Basketball Standings

Team	Won	Lost	Percentage
3/3rd Avn.	8	0	1.000
110th QM	7	1	0.875
514th Eng.	5	3	0.625
473rd QM	4	3	0.571
512th QM	4	3	0.571
Hunter Gate Guards	3	5	0.375
224th MI	2	6	0.250
10th Trans.	2	6	0.250
24th Ord.	0	8	0.000

### Stewart Fall Softball Conference

Team	Won	Lost	Percentage
Rest In Peach	2	0	1.000
Outkast	1	0	1.000
731st EOD	1	1	0.500
Georgia Athletic	0	1	0.000
High Rollers	0	2	0.000



# A winner among Georgia Tech's losses

**Patty Leon**  
*Coastal Courier*

It's hard to find something to celebrate after a disappointing loss to your state rival and the firing of your head coach. But for one Hinesville family, it was an honor to celebrate their son's performance for the last four years as a Yellow Jacket.

As the Georgia Tech Yellow Jackets got ready to take the field, the senior players stood ready to be honored at their last home game. There among the seniors stood 6'3," 240-pound former Bradwell Tiger Gary Guyton.

Guyton presented a lone yellow rose to his waiting and anxious mother, Janice, who couldn't wait to wrap her arms around her son - pads and all - and plant a kiss on his cheek. Also there with a bear hug was Guyton's father, Gary Guyton Sr., and his brother, Terrance.

"He's worked so hard and he does so well. It's a very humbling experience," Guyton Sr. said.

Guyton started his Yellow Jacket career after graduating from Bradwell Institute, where he was a three-year letterman.

He was named to the Atlanta Journal-Constitution's Top 50 players in Georgia and chosen All-Southeast region selection by Prep Star. *TheInsiders.com* ranked Guyton among the Top 100 in Georgia.

Among his high school accomplishments, Guyton returned two fumbles and two interceptions for touchdowns, had 56 tackles, six tackles for loss, three sacks, three fumble recoveries, five pass breakups and a blocked kick. He also caught three passes for 54 yards and a touchdown and scored two two-point conversions and made 59 tackles as a junior with nine sacks, 10 tackles for loss, one interception and a fumble recovery.

In 2004, Guyton joined the Yellow Jackets and, as a true freshman, had a spectacular performance as part of the special team when he caused and recovered a fumble on a kickoff return against Georgia, giving Tech possession at the 14-yard

line to set up a touchdown. Guyton's performance later that season against Virginia Tech made the top 10 plays on ESPN.

As a sophomore in 2005, Guyton was the Yellow Jackets' top backup outside linebacker. He had 19 tackles that season, one sack and broke up a pass. He hit a season high of four tackles in three games.

He continued to add on the tackles and earn distinction as an outside linebacker for his junior year. He totaled 29 tackles that season and was fifth on the team with eight tackles for a loss. Guyton made a key play in the Jackets' win at 10th-ranked Virginia Tech when he scooped up a fumble and returned it 38 yards for a touchdown. He also had an interception against Troy and made five tackles with three tackles for loss in 7-0 win at North Carolina that clinched the ACC Coastal Division. He added a sack against Georgia that season.

This year, Guyton was moved to inside linebacker where he continued to flourish. During the past six games, Guyton has chalked up 42 tackles.

In Saturday's game, he had three tackles and broke up a pass that would have been the first touchdown for the Bulldogs in their opening drive.

Guyton's father said he was thankful his son had an opportunity to attend a school such as Georgia Tech where education is always a priority.

"We are so thankful to everyone," Guyton Sr. said, "especially everyone in Liberty County. Without their love and support we would not be here today. Of course, we thank the Higher Power our Savior. But Liberty County put him in a school where he could not only play but also learn. And the coaching staff always put academics in front of athletics," he said.

Guyton's father is also a little hopeful for his son's future whether in management, which is his major, or even the NFL.

"Our son has an opportunity to go all the way to the top," he said.

"Possibly the NFL. Who knows?"



**Gary Guyton**

# Tide dominates Yellow Jackets, Ladies split

**Mike Riddle**  
*Coastal Courier*

The Long County Blue Tide boys basketball team dominated rival Wayne County Dec. 1 and improved their record to 2-0.

In the first half, the Blue Tide outscored the 3-AAAA Yellow Jackets, 33-14, and from there they never looked back.

In the second half, Wayne County played better, but the boys from Ludowici were still too much for them as the final score ended up being 62-37.

Center Lazarus Baggs led the way with 13 points, 7 rebounds and 5 blocked shots. Shooting guard Jimmy Bacon had 11 points, 6 rebounds and 2 blocks, while point guard Ricky Rivera had 11 points, 4 assists and two

steals.

Robert Gamble and Justin Boyd each had 5 rebounds and 2 steals, while Prince Moody had 4 steals and 8 assists.

"We are still learning how to play together as a team. We must learn to rotate faster and not reach so much when we are on defense," head coach Deshon Brock.

When asked where he rates the team at this time, Brock said, "I rate us about a five or six on a 10-point scale right now. We need lots of improvement in a lot of areas for us to get to where we want to be."

Brock also said the two areas where the team needs to improve are rebounding and free throws.

He also said, "We cannot afford to let our intensity slip while playing defense."

The boys took on another 3-AAAA team Tuesday when the Glynn Academy Terrors came to town. The score wasn't available at press time.

## Lady Tide split wins

The Long County girls basketball team played two archrivals recently picking a win and a loss.

This past week, they traveled to Reidsville and took on the Tattnall County Battle Creek Warriors. Going into the half, Long County had a narrow three-point lead, as they were up 29-26. But in the second half they out shot the Warriors and won the game 54-46.

In the contest center, Caela LaRochester had 8 points, point guard Brittany Mills also had 8; and the big, all-around player was

Shanetra Quarterman who had 15 points and 15 rebounds.

## Second game

The girls didn't fare as well, losing a tight one at home to the Wayne County Yellow Jackets, Dec. 1.

The Lady Blue Tide kept the game close against the 3-AAAA team. They only were down 19-21 at the end of two periods, but couldn't quite close the gap and lost 51-54.

The Blue Tide girls were only able to make seven of 20 free-throw attempts.

For individual statistics, La Rochester had 7 blocked shots, Quarterman had 14 points and 9 rebounds; Mills had 10 points, 6 rebounds and 5 assists; and Shareka Turner added 9 points and 6 rebounds.



Courtesy photo

*Tony Dace rolled up 104 yards on 28 carries to lead Army.*

# Special teams carry Navy past Army

**Special to the Frontline**

*Army Athletic Communications*

**BALTIMORE** – Reggie Campbell returned a kickoff for a 98-yard touchdown and rushed for another score to spark Navy to a 38-3 victory over Army, Dec. 1 in front of 71,610 fans at M&T Bank Stadium.

Army's defense limited Navy to 302 yards of total offense but mustered only a field goal in its end of the field and ends the season 3-9.

Navy improved to 8-4, kept possession of the Commander in Chief's Trophy, and won its sixth straight game over Army. Navy's six-game winning streak is the longest in the series, which dates back to 1890. Saturday marked the 108th meeting between the Service Academy rivals and a capacity crowd and sunny skies turned out for one of the nation's oldest rivalries.

The Midshipmen entered the game leading the country in rushing offense with 357.4 yards per contest. Army held them to 287 yards but Navy blocked a punt and used two big returns and now leads the all-time series 52-49-7.

"Navy out-played us and out-hustled us," said Army head coach Stan Brock. "They came away with plays and we didn't make plays. I'm disappointed for the seniors and the Corps of Cadets that we didn't give them an opportunity to beat Navy. That is my job and that is what our goal is."

Campbell rushed five times for 47 yards, returned a kickoff 98 yards and handled three punts for 73 yards. Navy rushed the ball 61 times for 287 yards and four rushing touchdowns and will play in the Poinsettia Bowl Dec. 20 in San Diego.

Tony Dace paced the Army offense with 104 yards on 28 carries. Dace averaged 3.7 yards per carry and had a long rush of 13 yards. He is the first Army back to rush for over 100 yards since Carlton Jones rattled off 187 against Arkansas State in 2005. Dace also caught three passes for 15 yards.

Quarterback Carson Williams completed 12 of 21 passes for 117 yards with no touchdowns or interceptions. Corey Anderson had three receptions for 32 yards while Justin Larson pulled in a pair of passes for 38 yards.

Army safety Jordan Murray made a career-best 16 tackles to pace the defense while John Plumstead was credited with 10 stops. Brian Chmura had nine and Frank Scappaticci six and a tackle for loss. End Nicholas Emmons had a game-high three tackles for losses of nine yards.

"Navy beat us today and is a better football

team, but I don't feel like the score truly indicates our opportunities," said Brock. "That said, we need to be able to take advantage of those opportunities. We had the ball at the 1-yard line, and another time close to the 10-yard line early, and we came away with no points. We turned the ball over twice on offense and we allowed a return for a touchdown. When you do that against a good football team, it doesn't take very much for the score to turn out like it did."

Army won the toss and elected to receive the opening kickoff. The Black Knights went 50 yards on their first possession but the drive stalled at the 10-yard line. Owen Tolson was wide right on a 28-yard field goal attempt though, giving the ball back to Navy.

Navy punted on its first possession but took the early late in the first quarter. Zerbin Singleton broke off a 38-yard run up the home sidelines with 46 seconds left in the opening quarter. Joey Bullen kicked the PAT.

Tolson got some redemption midway through the quarter. He capped a 10-play, 52-yard drive with a 28-yard field goal. Williams completed a 16-yard pass to Larson and a 15-yard pass to Anderson to keep the driving moving. Tolson's eighth field goal of the season made it 7-3 with 7:45 remaining in the first half.

Navy quickly recovered the momentum when Reggie Campbell returned the ensuing kickoff for a 98-yard touchdown and a 14-3 advantage after Bullen's kick.

The Midshipmen added to their lead on their next possession when Michael Walsh caused a fumble and Irv Spencer recovered at the Army six-yard line. Two carries later, Eric Kettani scored from a yard out. Bullen's PAT made it 21-3 with less than six minutes remaining in the first half.

Navy took a 24-3 lead at halftime when Bullen kicked a 51-yard field goal. Campbell set up the field goal with a 46-yard punt return. Navy called timeout with one second left to bring out Bullen.

The low kick had just enough, bouncing off, and over, the crossbar.

Campbell scored his second touchdown in the fourth quarter, capping an 11-play, 49-yard drive with a 12-yard run. The drive took 4:37 and gave the Midshipmen a 31-3 lead with 10:18 left in the game.

Navy again utilized its special teams to up its lead to 38-3. Bobby Doyle blocked a punt and Navy took over on the seven-yard line. Backup quarterback Jarod Bryant rushed twice, including a one-yard scoring run with 7:50 left in the game.